

All Belly Pregnancy: Review Examining Flavia Del Monte's Healthy Pregnancy Training Released

SUMMARY: *NaturesMagicGift.com releases a review of All Belly Pregnancy a new "road map" to a fit and healthy pregnancy from nutrition and fitness expert Flavia Del Monte and fitness trainer Ryan Watson.*

All Belly Pregnancy a nutrition and exercise training course for women looking to have the healthiest pregnancies possible has just been released to the public sparking a buzz of excitement throughout the women's health and fitness community and drawing an investigative review from NaturesMagicGift.com's Will DeMarco.

"Flavia Del Monte is one of the world's foremost authorities on the subject of female fitness, and is well known for her popular Full-Body-Licious and Curvalicious training programs," reports DeMarco. "So, when we were informed about the release of Flavia's new program for women during pregnancy we were excited to review it for our website visitors, many of whom are seeking information on this crucially important topic."

DeMarco's All Belly Pregnancy review reveals that the course is a comprehensive training program that provides exercise, nutrition, and supplementation guidance users can follow through out all three trimesters of their pregnancies. The course which is available digitally on Del Monte's website was developed in collaboration with Ryan Watson a certified personal training experienced in creating individualized work out plans for pregnant women.

"Naturally most women have a ton of questions and concerns about how to continue with their fitness regimes after they become pregnant," says DeMarco. "Common sense tells us that a pregnant woman shouldn't be doing 500 lb squats, but it can be hard to find detailed information on exactly what sorts of exercises are safe and indeed beneficial during pregnancy. One of the things we discussed in our review that we really appreciated about the All Belly Pregnancy course was the detail Del Monte and Watson went into on a wide range of topics. They cover everything from proper supplementation for an optimal pregnancy, to stretch mark prevention, so customers can feel like they have all the information they need to guide them through until their special delivery arrives."

[Those wishing to purchase All Belly Pregnancy, or for more information, click here.](#)

NaturesMagicGift.com provides visitors with the latest news and articles on natural health, fitness and beauty, including reviews of holistic treatment and natural beauty products. Will DeMarco's All Belly Pregnancy review is available here: <http://naturesmagicgift.com/natural-beauty/flavia-del-monte-all-belly-pregnancy/>

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